The 8 Dimensions of Wellness: A Model to Enhance Recovery

June 17, 2021

Presented by Peggy Swarbrick
Happy Thursday

Today is going to be awesome!
Happy Thursday
The weekends almost here
Learning Objectives

Define
Wellness

Describe
8 Dimensions of Wellness model

Describe
How the model can address need, challenges and social determinant of health of people served.

Identify
Personal wellness strengths and strategies
Why is Wellness Important?
<table>
<thead>
<tr>
<th>Prevention, Treatment Recovery Supports</th>
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<tbody>
<tr>
<td>Mental health challenges</td>
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<tr>
<td>Physical health challenges</td>
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<tr>
<td>Substance use /misuse challenges</td>
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<td>Caregivers</td>
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<td>Family supporters</td>
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<td>People at risk</td>
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Why focus on Wellness?

RISK FACTORS

Childhood Adversity
--Loss
--Abuse and Neglect
--Household Dysfunction

Stress
--Adverse Life Event
--Chronic Stressors

Socio-Economic Status
--Poverty
--Neighborhood
--Social Support
--Isolation

Chronic Medical Conditions

Adverse Health Behaviors and Outcomes
--Obesity
--Sedentary Lifestyle
--Smoking
--Self-Care
--Symptom Burden
--Disability
--Quality of Life

Mental Disorders

Substance Use

Model of the Interaction Between Mental Disorders and Medical Illness

Adapted from Druss BG & Reisinger Walker E (2011). Mental disorders and medical comorbidity
Health Disparities

Social isolation, trauma, stigma, discrimination

Poor health habits
- Smoking, nutrition, inactivity, substance use, lack of sleep

Stress
- Poverty, homelessness, unemployment, incarceration

Lack of quality primary and behavioral health care

Shortened life span
Common Physical Wellness Issues

- Low levels of physical activity (sedentary lifestyle)
- Tobacco use and other addictive substances
- Lack of knowledge about nutrition
- Diabetes
- Oral hygiene / dental health practices
- Effects of psychiatric medications
  - Metabolic syndrome, obesity, other health conditions
Wellness is the lens from which we can view individuals, supporters, communities and ourselves.
Why Focus on *Wellness*?

- We have strengths
- Wellness habits build wellness habits

*What We Focus on Expands*
What Wellness Activity did you do today or yesterday?

Please write in the chat

Wellness is a conscious, deliberate process that requires that a person become aware of and make choices for a more satisfying lifestyle.

Strengths

A river cuts through a rock, not because of its power but its persistence.

Jim Watkins
[FYINSPIRE.TUMBLR]
Intellectual

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

FINANCIAL
Satisfaction with current and future financial situations.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work.

WELLNESS
Intellectual Wellness

Learn new things
Creative and stimulating mental activities and games

Listen to lectures, plays, and musical performances
Try to see more than one side of an issue, especially for things that are controversial.
Ask questions to learn from others

Look up things that you don’t know
Practice something every week to improve skills and use gifts

(like crafts, cooking, music, or sports)
Intellectual Wellness
Physical

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Focus on Physical Wellness

Sleep & Rest
Movement
DAILY HABITS & ROUTINES
Activities to manage stress
Medical care and screening
The Body's Biological Clock

Optimize Your Circadian Rhythm

- 12:00 Midnight: Melatonin Release Starts
- 12:00 Noon: Fastest Reaction Time
- 6:00 PM: Start Dimming Lights
- 6:00 AM: Start Your Day By Getting Some Sunlight
- 12:00 Noon: Highest Alertness
- 6:00 AM: REM Sleep
- 6:00 AM: Melatonin Release Stops
- 12:00 Noon: Best Coordination
- 6:00 PM: Limit Technology Use
- 6:00 PM: Limit Caffeine
- 12:00 Midnight: Restorative Sleep
- 12:00 Midnight: Deep Sleep
Physical Wellness Activities

YOGA
Environmental

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**WELLNESS**
Do not litter

Recycle glass, paper, plastic, etc.

Purchase recycled items when possible
Set aside time to enjoy nature

Set aside time to reflect and/or practice mindfulness
Emotional

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Emotional Wellness

The capacity to recognize our feelings and the ability to express feelings helps us adjust to challenges and cope with life’s stressors.
good handle on my financial status

have money on hand to meet my current expenses

understand the issues of balancing my wants and needs, and balancing saving and spending

balance my checkbook and audit my credit card statements
Social

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The Benefits of High Social Connection:

- 50% increased chance of longevity
- Stronger gene expression for immunity (research by Steve Cole, UCLA)
- Lower rates of anxiety and depression
- Higher self-esteem and empathy
- Better emotion regulation skills
- Social connection creates a positive feedback loop of social, emotional, and physical well-being.

Created by Emma Seppälä, Ph.D, Science Director
Stanford University's Center for Compassion and Altruism Research and Education
Balance my own needs with the needs of others
Compassionate and try to help others

Give and receive compliments graciously
Interested in others, including people whose backgrounds are different from my own.

Get along with a wide variety of people.
Spiritual

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SPIRITUAL
Expanding our sense of purpose and meaning in life.
• Name personal values and beliefs about life.
• When depressed or frustrated, draw on my beliefs and values to give direction.
• Reflect quietly each day.
• Feel positive about life.
Feel **gratitude** for the good things in life.

Read or listen to inspiring messages.
Occupational Wellness

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Work Provides Purpose

Work is Good Medicine
ABCs of Wellness

**Attitude** is the frame in which you view the world and the mood for your day’s activities.

**Control** grant me the **Serenity** to accept the things I cannot change,
**Courage** to change the things I can, and **Wisdom** to know the difference.
Work
Play, Leisure
Move
Eat/Hydrate
Sleep
Repeat for Life

Wellness Habits
Words of Wellness

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Wellness in 8 Dimensions

Wellness Daily Plan

https://www.center4healthandsdc.org/

Solutions Suite → Integrated Health....
Wellness Quiz

- https://alcoholstudies.rutgers.edu/wellness-in-recovery/